

Enchilada Bake Low Carb

Topping:

1 pound ground beef

1 tablespoon Taco Seasoning

1/2 batch Red Enchilada Sauce (about 1 cup)

8 ounces pepper-jack cheese, shredded

Direction

Brown the hamburger; drain fat. Stir in the seasoning and enchilada sauce. Spread over the crust. Top with the cheese. Bake another 20 minutes or so until hot and bubbly.

Makes 8 servings

Per Serving: 414 Calories; 32g Fat; 27g Protein; 5g Carbohydrate; 1g Dietary Fiber; 4g Net Carbs

The addition of the tortilla chips makes a big difference in this dish and adds less than a carb per serving. I was making the crust for my Enchilada Bake recipe and threw the crushed chips in on a whim. I wasn't even sure if such a tiny bit would be noticeable but was pleasantly surprised to find that they add a nice corn tortilla flavor.

☆ Hit Share To Save On your Wall! ☆